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ABSTRACT

THIS PAMPHLET IS FOR YOUNG PEOPLE (16 TO 20) OF BOTH SEXES. CHAPTER ONE IS CONCERNED WITH MAKING DECISIONS, BOTH BIG AND SMALL. TO HELP IN MAKING DECISIONS, CHAPTER TWO PRESENTS SOME BASIC FACTS ABOUT MEN AND WOMEN. THIS INCLUDES REPRODUCTION, BOTH MALE AND FEMALE, AND MEN AND WOMEN AS PERSONS. CHAPTER THREE DISCUSSES: (1) SOME OF THE PROBLEMS WHICH ARISE AS DATING BECOMES MORE SERIOUS; (2) PETTING AND, (3) PREMARITAL RELATIONS. THE NEXT CHAPTER DISCUSSES CHOOSING A MATE, WHY PEOPLE MARRY, THE ENGAGEMENT PERIOD, AND THE WEDDING. CHAPTER SIX IS CONCERNED WITH MAKING MARRIAGE WORK. THIS CHAPTER COVERS SEXUAL ADJUSTMENTS, MONEY, RELATIONSHIPS WITH OTHERS, CHILDREN, AND A LOOK TO THE FUTURE. (KJ)

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approaching

adulthood

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APPROACHING ADULTHOOD

Prepared for the Joint Committee on Health Problems in Education of the National Education Association and the American Medical Association

by

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This series of pamphlets is prepared to help parents and those other adults who may have responsibility and concern in assisting children to form sound ideas and attitudes about family living, including sex education.

The Joint Committee on Health Problems in Education of the National Education Association and the American Medical Association publishes this series. We believe the home is the ideal place for sex education of children and youth. It is also recognized that many parents consider it desirable for the church, the school, or other responsible groups in the community to supplement this education. Thus, the ways in which this series is used will of necessity be dependent upon the judgment of individual parents and of local community groups. This focus of responsibility must be honored and these booklets must in no instance be used without full approval and joint planning from home, school and community.

This pamphlet is for young people of both sexes (about 16 to 20 years of age).

SEX EDUCATION SERIES

PARENTS' RESPONSIBILITY, for parents of young children of preschool and early school age.

A STORY ABOUT YOU, for children in grades 4, 5, and 6.

FINDING YOURSELF, for boys and girls of approximately junior high school age.

APPROACHING ADULTHOOD, for young people of both sexes (about 16 to 20 years of age).

FACTS AREN'T ENOUGH, for adults who have any responsibility for children or youth that may create a need for an understanding of sex education.

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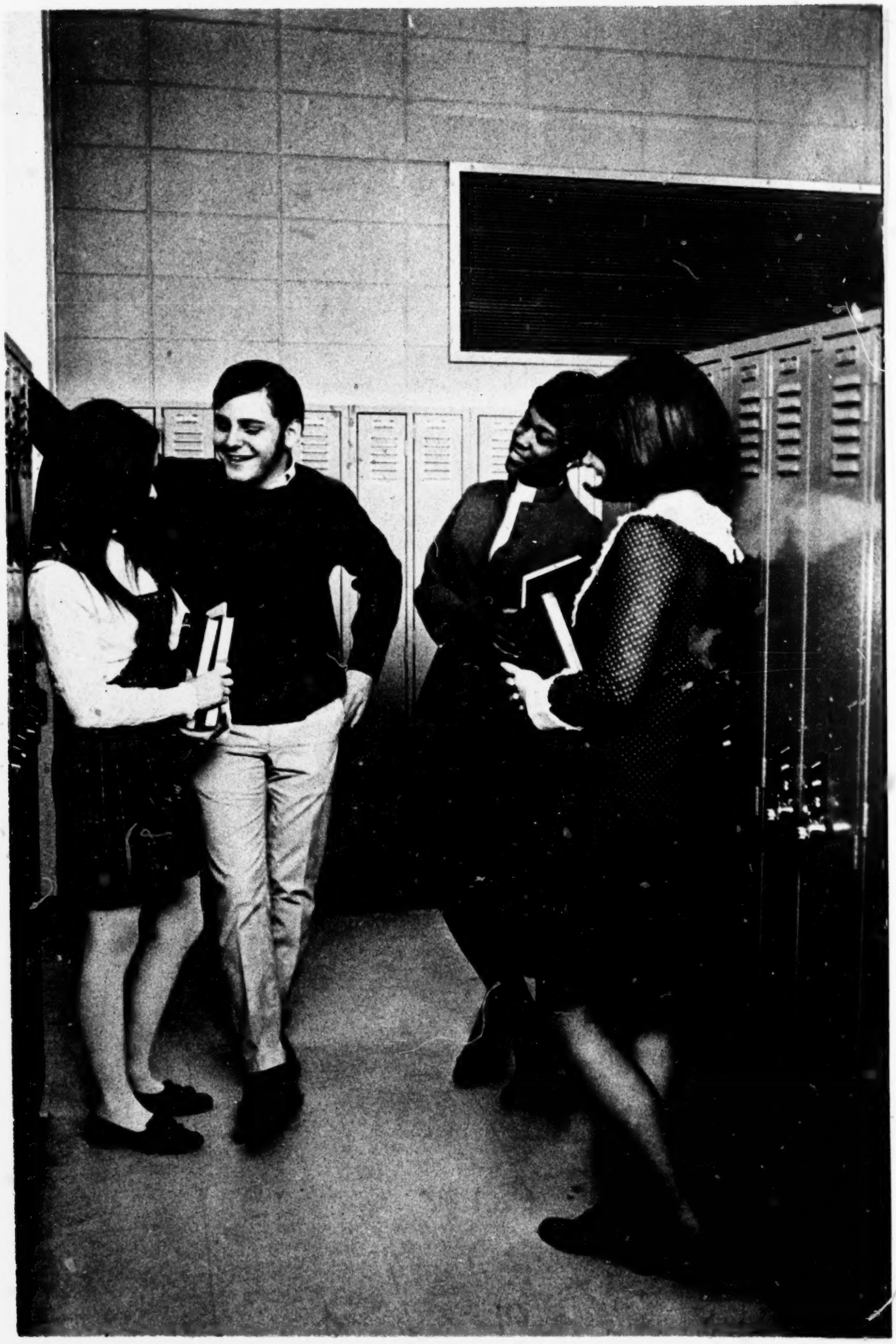


Chapter 1

YEARS OF DECISION

Time for Romance

When young men and women approach their late teen years, their thoughts usually turn to romance and marriage. It is natural to want to learn about love, but learning about love means more than learning about how to achieve physical satisfaction from one's marriage. In a broad sense, learning about love means understanding that there are many kinds of love, such as love for one's children, (a most sacrificing kind of love sometimes), or love for one's parents, which is less dependent, as one matures, than it was in childhood.

This pamphlet tells how love develops as you approach adulthood. Much of the material in the pamphlet will be about feelings and expressions of sexual interest in young adult years. If you are between the ages of 16 and 21, you have reached young adulthood, a very special time of life. It is different from early adolescence. You now have more freedom and new privileges along with serious responsibilities.

You now have the distinction of being able to earn money on jobs not available to younger persons. You now have the freedom to move about and try different jobs. You now have a new kind of independence in your leisure hours. Friendship becomes more intimate, and dating more important. Parents and friends are interested to know whether the person of your choice is the one you are "serious about." The exciting thing about your life now is that you are free to make many decisions for yourself.

The decisions which you will make during these years are as important as any which you will be called upon to make later in life, and some of the most difficult choices you must make will have to do with sex. Our point of view is that marriage offers the finest opportunity for fulfillment of love and that young adulthood should be a time of preparing for marriage. Adequate preparation for marriage includes learning facts about the male and female bodies and their sex organs, experiencing companionship with the opposite sex, as in dating, and acquiring a good understanding of one's

feeling about sex, and about family life.

To understand one's feelings about sex it is necessary to think of them in the light of all the childhood experiences in the home, in school, and in play groups which have affected one's whole personality. The things that have happened to each person in his lifetime and the way each person feels about what has happened to him give a distinctive personality. The way you act on a date, your standards of what is right and wrong, your ideas about men and women and about marriage are characteristically you.

Much of your preparation for living, but of course not all of it, began in your early life. It is true that you cannot go back and relive early unhappy experiences to try to correct them, nor can you forever keep within the shelter of home or school life. However, you can think back and learn how you got some of your ideas about men, women, love, and marriage. You can also learn about the kind of world in which you are living and how young people are affected by it.

This kind of knowledge will often help you to understand not only yourself, but also your "date" and later your marriage partner. It can help you develop a sense of values so that you can stand up for what you think is right. When you have the courage of your own convictions you are really a person in your own right who can act with less fear and more self-confidence.

Your Decisions Are a Part of You

Some of the experiences which have made you what you are have long since been forgotten, but they can affect the way you act just as those events which you can remember affect you. In the following true stories you can see some of the ways in which young people responded to their early life.

Jane married young. She was eager for a family of her own, for children, and for the companionship of a husband. Jane is a sociable person, but she is also able to be happy when she has to be alone. Her children are growing up to be warm, friendly persons, and the atmosphere of their home is like that of the home Jane remembers from her own childhood.

Mary had been brought up very strictly. Her parents chose her friends and kept her from having dates with boys. As Mary grew more independent she became more unhappy about her home life. At the age of 17 she ran away and married a young man who was

very different from herself. The marriage did not last, for there was no basis for companionship. In Mary's decision to marry she was expressing both her natural need for independence and her displeasure with her own life. Fortunately, most parents want to give their children an opportunity to know many young people.

Tom was attractive, and could have married any one of a number of girls, but he was in no hurry to marry. He had a very definite idea of the kind of marriage he wanted for himself. His father and mother had been of different religious faiths, and he often found himself involved in their differences about religious education of the children. Because of his own early experience with family disagreements about religion he decided that he would marry only a girl who was of his religion.

Bill surprised his friends by marrying a woman fifteen years older than himself. He had taken a job in another part of the country and was lonely and unhappy. As a child he had been ill much of the time, and had depended upon his mother for care and companionship. He did not realize that his decision to marry someone so much older than himself was related to his need for someone who could partly take the place of his mother whom he still needed in many ways.

When one is still in the process of growing and developing, as in the teen years, his needs change. For this reason early marriages sometimes are regretted. One who marries someone on whom to lean may not need that support when he has had a few more years of experience in living. One who marries a weak person who can be easily managed, later may not have a need to find in a marriage partner someone to dominate.

A marriage partner fills many needs besides the physical one of satisfying sex desires. When we come to discuss marriage adjustments we can learn more about the ways in which marriage provides many kinds of living experiences—sharing in good times, sharing in work, and many more.

Knowledge Helps Us Make Wise Choices

Having facts at our disposal does not always mean that we will use them wisely, for most of us do things, at times, that we know we should not do. Nevertheless, we do use many of the facts that we learn. Young people today are fortunate, for they have many ways of learning that were not available to their grandparents. There are

television, readable pamphlets and books on many subjects of interest, outside activities in connection with church and school. From reading and discussion, you can learn about the advantages and the hazards of early marriage; you can learn how alcohol affects driving habits, and how in other ways it interferes with good decisions—for example, in dating. You can read about the hazards of promiscuous sex behavior, and you can hear honest outspoken discussions of the pleasures of marriage and child raising.

Much of this factual material helps to make you understand your own feelings. This, in turn, makes you less fearful and more self-confident. If you are a young man you need not feel guilty about strong sex feelings, for around the ages of sixteen and seventeen these feelings are as strong as they may ever be. Your obligation as you learn this fact is to find ways of managing these strong feelings so that other persons will not be hurt by the way you express your feelings and so that your marriage will not be affected adversely.

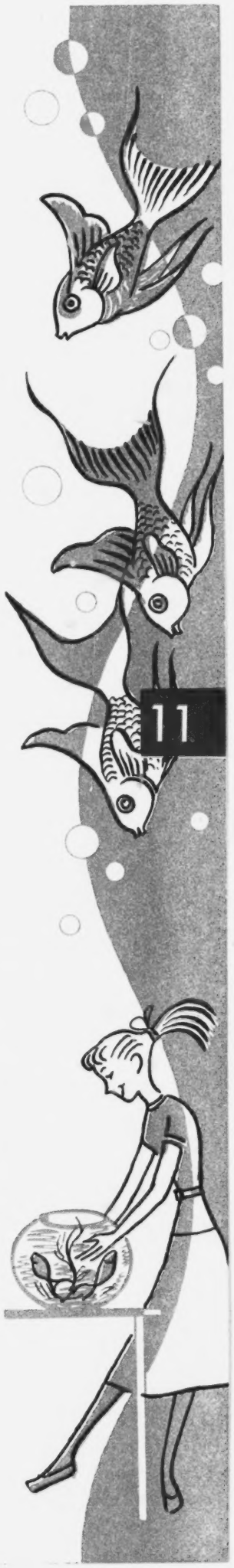
A young woman who has the right facts and attitudes about men and women will understand that the eagerness of some dating partners for expressions of sex is normal, although she also understands the necessity for control. A young woman also needs to realize that it is normal for her to have sex interests, and that these interests can be expressed in a number of desirable ways.

It is important at the outset to look at some of the facts about men and women and to note some likenesses and differences in the two sexes.

Photograph by Frederick C. Baldwin

Chapter 2

SOME BASIC FACTS ABOUT MEN AND WOMEN



About Human Reproduction

Human beings are designed physically for a high type of procreation. Both men and women can produce sex cells, each in a characteristic manner, and in the process of mating it is anatomically possible for the male to deposit his sex cells well within the reproductive system of the female. In this way it is possible for the male cell to meet the female cell and thus to produce a new life.

The female human being is by nature equipped to house, nourish, and successfully bear the child which results from the union of these cells. This plan for reproduction is far superior to many which characterize lower forms of life. Some of you who have raised tropical fish will recall how the female of some species deposited eggs in the water and the male rather haphazardly fertilized them. You may recall that in the case of some "live-bearers," like guppies, the mothers deposited their babies in the water, but paid no more attention to them. The mothers and other fish ate many of the newborn. How different from this is the plan for human reproduction!

The sex act by which male cells are deposited in the human female is described in various terms. There are "street terms" picked up early by children who are often too young to understand that this embrace can be the means whereby one expresses great love for another person. Then there are technical terms such as *coitus, copulation,* or *sexual intercourse.* These words may seem to have a cold, scientific sound, but they are useful terms to know. Marriage partners have other ways of referring to the sex relationship, and so long as one can refer without shame to the highest physical expression of affection of which men and women are capable, the terms used are relatively unimportant. The process of mating and the meaning of the emotional and physical accompaniments of sexual relations can be better understood after studying the reproductive systems of the male and female.

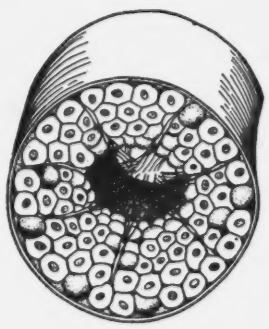
12

The Male Reproductive System

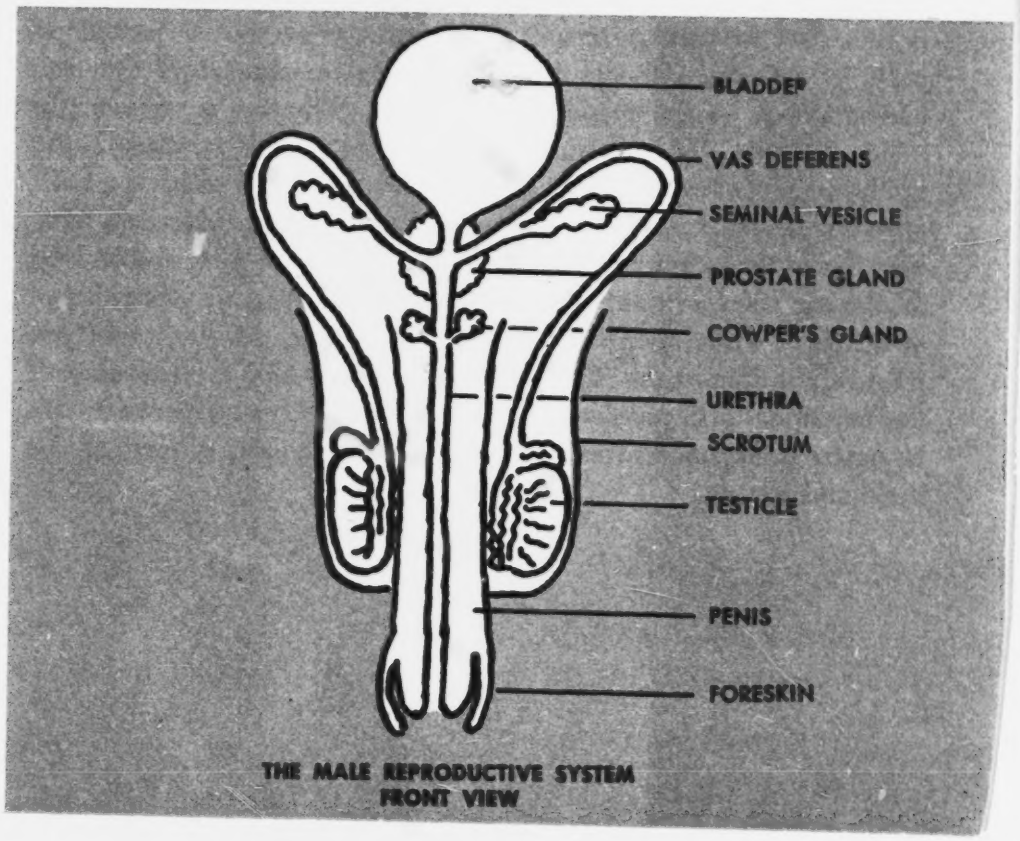
The male reproductive system is physically close to the urinary system. You can see on the chart on page 12 that the bladder, which stores urine, and the *seminal vesicle,* which is a part of the male reproductive system, are close together. Although this chart does not show the kidneys, there are two of them, each connected with the bladder by a tube called the *ureter.* The urine produced by the kidneys passes a little at a time into the bladder where it is stored. When the bladder is emptied, the urine passes through another tube, the *urethra,* which leads to the outside. A large part of the course of the urethra is through the *penis.*

The penis is one of the external parts of the male reproductive system. Also on the outside of the man's body is the *scrotum,* or pouch, which contains the *testicles.* Usually the penis hangs in front of the scrotum and is covered with a loose elastic type of skin. Although the whole penis is sensitive to contact, the head, often called the *glans,* is especially sensitive to touch. The head is almost completely covered with skin, called the *foreskin.* This is removed in cases where the foreskin so tightly covers the head of the penis that cleansing is made difficult, or it may be removed in infancy as part of certain religious rituals. Removal of the foreskin is called *circumcision.*

Within the penis itself there are many small spaces which are empty when the organ is limp, or engorged with blood when the penis is distended. Because of the elastic type of tissue in the penis, and because it is constructed so that it can be engorged with blood,



A small portion of testes tubule, showing how it is formed of cells.

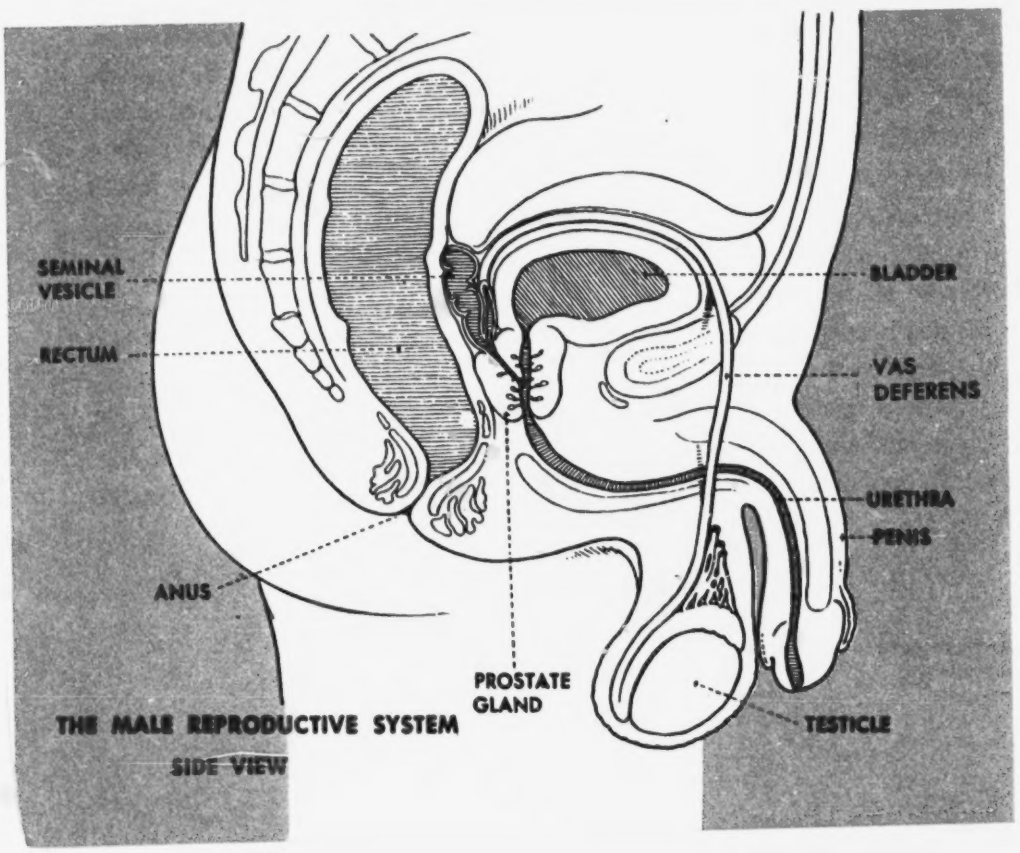


THE MALE REPRODUCTIVE SYSTEM
FRONT VIEW

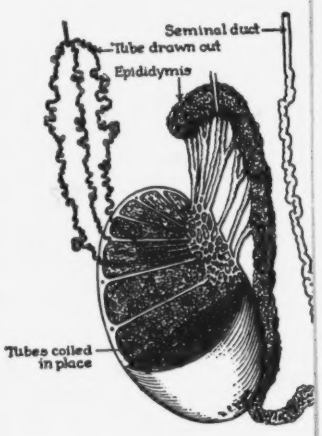
it can become large and erect, as it does in preparation for sexual intercourse. Sometimes a young man's thoughts will stimulate his sex desires and cause such an erection, and sometimes upon awakening the penis will be erect because of pressure from a full bladder. There are other times when unexplainably an erection will occur.

There are great individual variations in the size of the penis, but the size of the organ is not related to sexual vigor. Men and boys frequently see one another without clothing in the daily routine of undressing, taking a shower, using a swimming pool, or urinating, and thus there is an opportunity to note bodily differences. Some young men feel unnecessary embarrassment because they have a small penis and others feel unwarranted pride because this organ is large. These feelings sometimes have an effect upon personality. Actually, the ability to have an erection, the ability to enjoy one's sex life in marriage, and the ability to produce sex cells capable of fertilizing the female sex cells are in no way dependent upon the size of the penis.

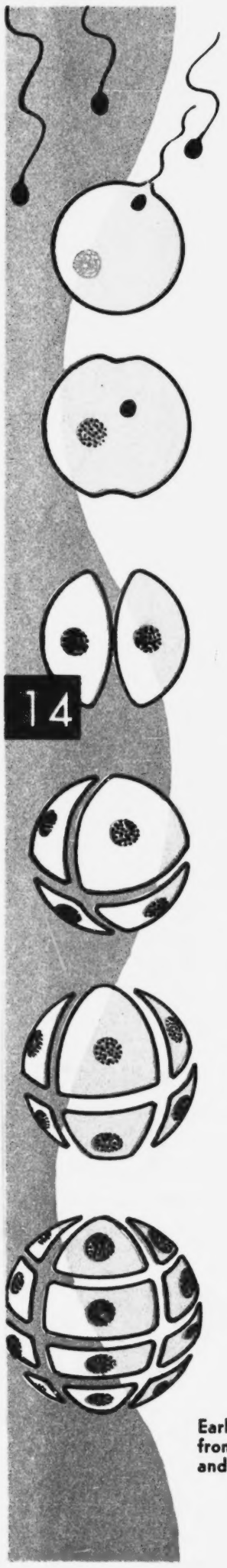
The male sex cells are called *spermatozoa,* or *sperm cells,* and are formed in the *testes,* or testicles, which are the male sex glands. There are two of these, a right and a left testicle. The left testicle is usually lower than the right one, and it may be somewhat larger in size. Usually the testicles are about the size of a plum, ranging from one and one-half to two inches. They are about an inch thick. The size of the testicles does not change, but temperature affects the scrotum. For example, in cold weather, or after a dip in cold water, the muscles of the scrotum contract, and the testicles are thus brought nearer to the body. This is nature's way of maintaining an



THE MALE REPRODUCTIVE SYSTEM
SIDE VIEW



Arrangement of the tubes in testes.



Early growth of cells from union of egg and sperm cell.

even temperature for these glands. In warm weather they descend, and may seem bigger.

In addition to forming male sex cells, the testicles produce a *hormone* which, at *puberty,* causes many bodily changes. For example, the voice becomes lower and hair grows on the body.

Inside the testicles are many tubules which end in a special organ called the *epididymis* (see chart on p. 13). This organ is about two inches long and about a fourth of an inch wide. It is made up of a coiled, thread-like tube about twenty feet in length. The lower end of the epididymis is joined to a duct called the *vas deferens,* or *seminal duct.* This tube curves upward, passes through the groin and enters the abdomen at its lower end. It then turns down, passes over the base of the bladder and opens into the urethra.

The seminal vesicles, as we said earlier, lie close to the bladder, and they connect with the vas. These vesicles store sperm cells until they leave the penis. In addition to serving as a storage place, the seminal vesicles produce secretions of their own which mix with the spermatozoa.

Below the bladder and in front of the urethra is the *prostate gland.* This gland produces a milky secretion which, because of alkalinity, forms a desirable medium for male sex cells. The secretions from these glands, which contribute to the seminal fluid, come together at the back of the urethra. This is the passageway that runs through the penis. The name for the white fluid which is ejaculated from the penis is *semen.* The term *ejaculation* is used to describe the passage of semen from the penis because it leaves the body in an expulsive thrust. On the average there is about one teaspoon of fluid, but there are as many as four or five hundred million spermatozoa in this single ejaculation. When seen through a microscope the sperm cells are like tadpoles with slender, active tails. They move about one inch in eight minutes. Because of a delicate reflex action, sperm cells and urine do not usually pass through the penis at the same time.

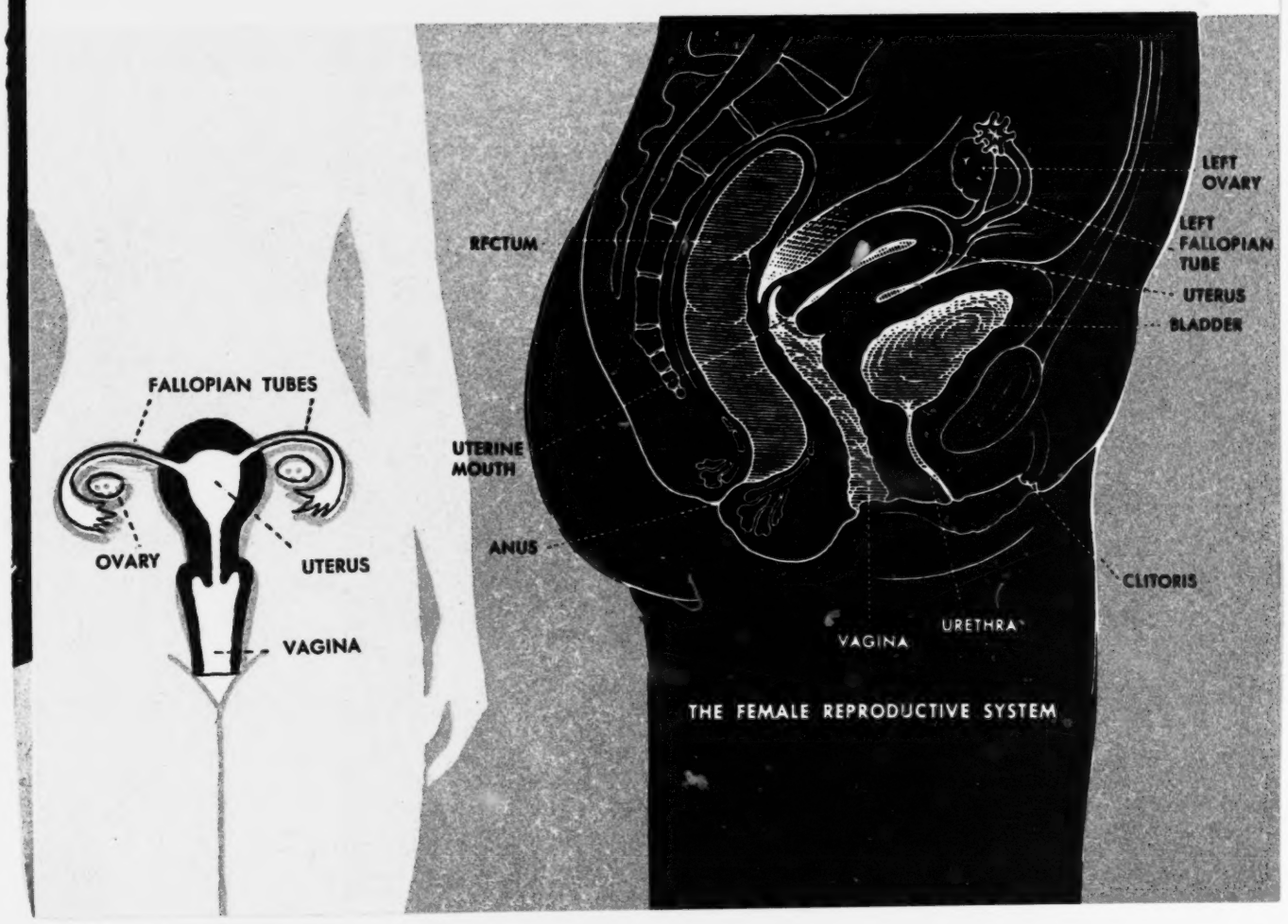
From about the age of fourteen, male sex cells are formed in the young boy. One of nature's ways of relieving sex pressures is to release these sex cells and the semen containing them during sleep, in a process known as *nocturnal* or *seminal emissions* or "wet dreams." Often there is a sex dream accompanying the emission. This is a natural way of having sex interests physically relieved. If these emissions take place several times a week, there may be too much sexual stimulation in a young man's life, and not enough

other interests normal for young men, such as interest in school, or a job, or in athletics, hobbies, or social life. These emissions do not indicate a dangerous loss of sperm cells, even if frequent, nor is there anything wrong with young men in whom they do not occur.

The process of forming sex cells goes on through much of a man's life. Many men have less interest in sex and less ability to have an erection as they become older, but some men are able to become fathers until their 70's or 80's.

The Female Reproductive System

The female reproductive system is located inside the woman's body. A side view, as seen in the chart below, shows the bladder to be in front of the abdominal cavity, and the rectum to the rear. There is a canal, the *vagina,* which extends from the outside of the body between the woman's legs to the *womb* or *uterus.* The opening of the vagina is in front of the *anus,* (the opening through which bowel movements are passed), but not close to it. The opening through which urine leaves a woman's body is in front of the opening to the vagina and quite near to it, but there is no connection between the two openings. The vagina leads to the uterus which is the organ that houses the baby during pregnancy. On either side of the uterus there are two tubes; each of these opens near an *ovary,* one on the right and one on the left side.

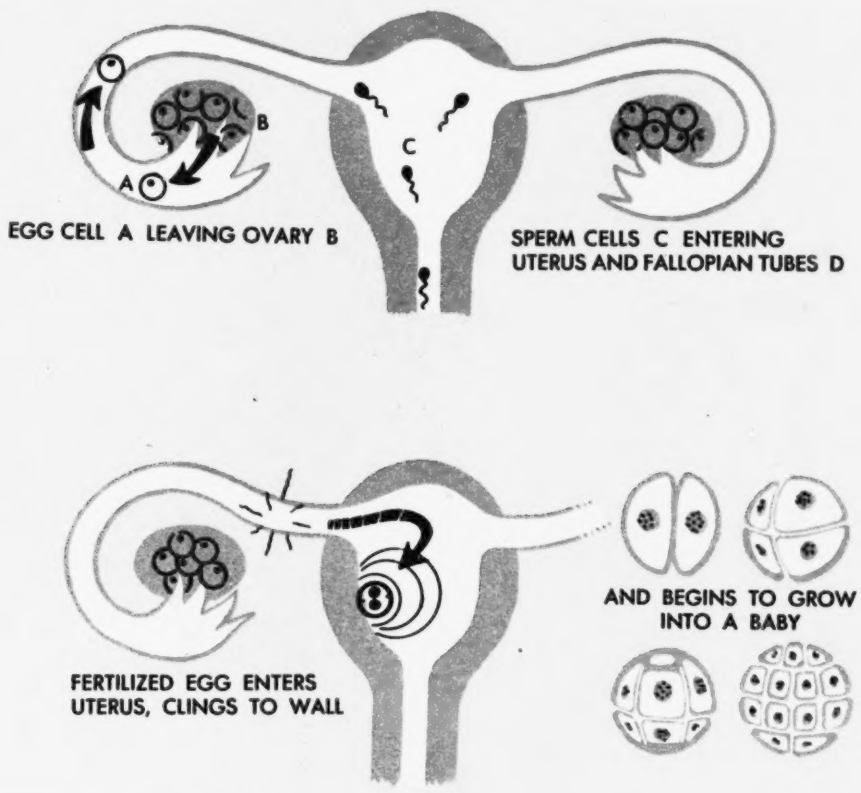


The vagina is the passageway through which the male sex cells enter the body of the female, and it is also the passageway along which the baby travels when it leaves the mother's body in the process of birth. Normally the vagina is about three or three and a half inches deep. The vaginal walls are ordinarily almost touching, but because of elasticity they can easily be pushed apart. There are great variations in the size of the vagina, just as there are differences in the size of the male organ, or penis. This canal and the surface of the outer vaginal passage correspond approximately to the size of the enlarged male penis. There are glands around the opening of the vagina which lubricate the tissues at the time of sexual stimulation, and thus entry of the penis is made easier.

The opening of the vagina is partly covered by a membrane called the *hymen*. At one time it was thought that a broken hymen meant that a woman had had sexual intercourse, but we now know that the thickness of the hymen varies or that it may be incomplete at birth. In some instances this membrane becomes torn without one's knowing why or when.

The glands which produce female sex cells are the *ovaries*. These correspond to the testicles in the male. The ovaries are shaped like, and are about the size of, an unshelled almond nut. In the infancy of a girl, her ovaries house many thousand undeveloped egg cells. At puberty, or around the age of 12 or 13, the cells begin to ripen. The *pituitary gland*, which is located at the base of the brain, sends out hormones which cause the eggs to ripen.

About every 28 days one egg cell changes in size and content. It

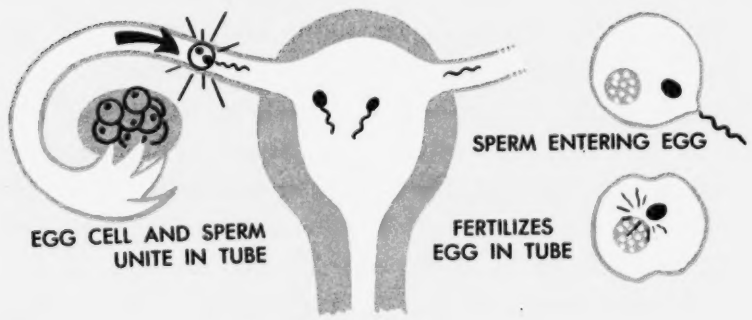


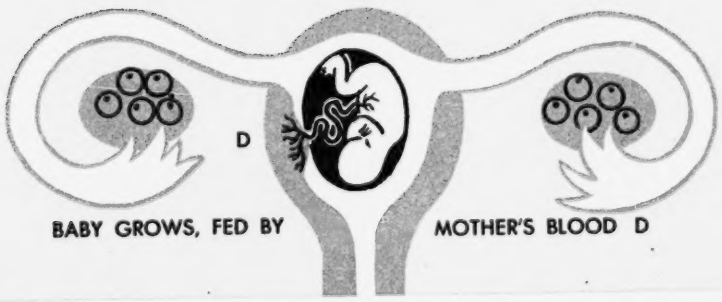
becomes surrounded by a sac called a *follicle,* which comes to the surface of the ovary and breaks. The ripe egg is discharged in a process called *ovulation.* The follicle fills up with tissue called the *corpus luteum,* or the *yellow body.* This produces a hormone of great importance to a woman's reproductive cycle. The ripe egg, which leaves the side of one of the ovaries about once a month, is drawn into the opening of the tube which lies close to the ovary. Each of the tubes has a central canal that is lined with fine hair-like *cilia.* Motions of the cilia carry the egg to the womb, or uterus. Female egg cells cannot move by themselves as do male cells.

The uterus is a hollow, pear-shaped organ, narrow at the bottom, where it forms a neck, called the *cervix.* This neck dilates, or becomes bigger, during childbirth. The walls of the uterus are largely muscles, and thus can expand during the time the baby is growing inside. The lining of the uterus is filled with blood vessels.

In the process of producing an egg cell each month, the woman's reproductive system undergoes several changes. The egg cell produced by one or the other of the ovaries is picked up by the tube and travels toward the uterus. If it is not fertilized by a male cell in its passage through the tube, it may disintegrate in the body or pass out through the vagina in the discharge of blood, lining, and fluid that comes away each month in a healthy woman during her reproductive years. This is called *menstruation.*

Very few of the many egg cells a woman produces ever make a baby, but Nature, in her usual plan for plenteous productive material and an ever-ready preparation for childbearing, sees that women are ready each month for reproduction, if it should occur.





That is, each month (25-30 days) from the time a girl is 12 or 13 until she is a woman of 45 or 50 years, the uterus receives an extra supply of blood, fluid, and lining just as would be necessary for nourishment if a baby were being formed. This process of acquiring the extra supply of lining requires about two weeks and is brought by the action of the corpus luteum, which was mentioned earlier.

If the egg is not fertilized, the preparations for a possible pregnancy cease and menstruation occurs. The menstrual period usually requires from 3-5 days. Then the cycle begins all over again. Actually ovulation does not cause menstruation, but menstruation is caused by the absence of glandular secretions which would continue if there were a pregnancy. Although ovulation generally begins about the ninth day after the beginning of menstruation, some women ovulate earlier than this and some later. In other words, there is no definite time of the cycle that can be said to be the time when pregnancy will occur for all women, nor any one time of the cycle when all women will be unable to become pregnant. Each woman has her own cycle, and considerable study is required for a woman to determine what it is.

In a pamphlet of this series called "Finding Yourself," there is a discussion of the hygiene of menstruation directed to young girls who are beginning to have their periods. But it is important for young adults of both sexes to note that menstruation is not a "sick time" for women, as it once was called. It is a normal process for all women and in most instances it does not interfere with routine activities. If it does, a physician should be consulted.

The process which we have been describing would be different if the egg cell were fertilized by a sperm cell. The male cell, traveling up the vagina, would meet and fertilize the egg cell in one of the tubes. Of course conditions must be right, and women do not become pregnant every time they have sexual intercourse.

Briefly, if the egg cell is fertilized, it travels to the uterus and attaches itself to the thickened wall of this organ. The menstrual period does not occur, various glandular changes take place; for example, the breasts enlarge and may become sensitive. The process of development of cells begins and a new life has started.

Fluid in a sac that forms around the baby keeps it from being bumped in a harmful way. The baby is attached to the inside of the mother's uterus by a cord that contains some of the baby's blood vessels. This is called the *umbilical cord*. It is attached to the

baby's body at the place where his navel will be. At the place where the cord is fastened to the mother's uterus there is a special network of blood vessels where the baby's and the mother's blood vessels are close together. This is called the *placenta.* Here food substances and oxygen filter through from the mother's blood vessels into the baby's blood vessels. Waste substances from the baby's body filter from his blood into the mother's blood vessels, and her body gets rid of them. After a baby is born, the placenta, or *after-birth,* must come away too.

Men and Women as Persons

Not only do men and women have different physiological structures, such as that which we have been discussing, but their roles in dating and in marriage have customarily been somewhat different. Some years ago in this country it was easier to point to their different roles than it is now, for today there is much overlapping.

Men in this country have traditionally taken the initiative in asking women for dates or to marry, but it is acceptable now for girls

to plan dates and ask young men to accompany them. This is just one of the changes that are gradually taking place in relationships between men and women. There is coming to be more understanding of the sexes as complementing one another rather than as being separate kinds of personalities, each with a well marked role to play. Some homemaking courses in schools are open to boys, just as shop classes are often open to girls. This is an understandable curriculum change, since many women do construct and repair things in their homes and many boys and men need to help cook and care for children. Perhaps the increasingly great number of married women in the working force today accounts for the interchange of activities between husbands and wives. More than half the women working today are married, and many of them have children. These facts should be understood by young men and women before they marry, for each needs to feel right about the other's contribution to the joint living arrangement.

Also, each needs to understand the other's love needs. There is beginning to be a new understanding of these needs. Years ago, it was often the case that a woman looked upon her sexual relationship with her husband as a necessary, but mostly unpleasant, part of marriage. Many a man expected his wife to cooperate with him, but did not take any active responsibility for seeing to it that the relationship was satisfying for his marriage partner. Part of this misunderstanding came about because men were known to be easily aroused sexually, and because their sex desires were localized and easily satisfied. Thus, there was usually no prolonging of their love-making.

Women seem inclined to a more diffuse type of sex urge and one which needs a considerable amount of extended love-making. Some women are thought to be cold, probably because they are not given sufficient opportunity to express and receive adequate affection. More open discussion of marriage relationships has made it possible for people to be more outspoken about consideration for each other in the matter of sex. This helps make marriages happier for each partner, for there are some specific adjustments which each partner can make to help provide more physical satisfactions for the other. It should be kept in mind that even ideal physical relationships cannot compensate for failure to have basic psychological needs met in marriage.

Chapter 3

IT'S A TWO SEX WORLD

You Have Always Known the Other Sex

Book facts alone do not supply all your information about yourself and the opposite sex. Daily life associations provide a wealth of learning. There have always been many men and women and boys and girls in your life aside from those whom you may have had as dating partners. When you were a child you spent time with both your father and mother or with someone who took their places. There is a good chance, too, that you had brothers and sisters. This intimate relationship with both sexes in your own home life was an important experience and valuable education for marriage.

You no doubt had social contact with neighbors of both sexes, too, and in school had both men and women teachers. In school you perhaps worked with both boys and girls, for today there is less separating of the sexes than there used to be. We are learning that it is natural for the two sexes to be together and we know that there is good training for later married life in early experiences of both sexes playing together, working together, learning together, and being physically near one another.

In high school, when you probably became increasingly aware of the opposite sex, you may have developed increased ease in talking with one another in natural situations, such as walking to school together or working on committees or projects.

Dating, perhaps in groups at first, then in couples, gave you a chance to know a few persons much better than others. You were able to see how the opposite sex responded to new ideas, to disappointment, to affection. You were able to learn something about the way your friends of the opposite sex, as well as those of your own sex, felt about their home, about school, about recreation and about other matters that can help broaden your understanding of relationships to other persons.

Dating Becomes More Serious

Dating in our society provides the opportunity for young persons to be together on social occasions, and in the practice known as

"steady dating," to come to know another person very well. As young men and women reach their late teens, they may date with some thoughts of choosing a marriage partner. At this time physical intimacies increase. These are the years of great loves and deep feelings for another person. A new exhilaration makes life at its dullest spots a pleasure to live.

No one can explain physical attractiveness satisfactorily, and probably many factors are involved in it. A great many persons who would be considered unattractive according to usual standards are deeply loved by one of the opposite sex. If this were not true there would be fewer marriages than there are today. If you are not dating and consider yourself unattractive, you may need more interests and more thought for others. These give added sparkle to personality which "looks" alone cannot give.

We often think that all people in love act the same way, but they do not. Some persons express their desire for another by trying to be with him or her most of the time. They become inseparable. One must always have the other present in order to be happy. Sometimes, however, thoughts about the other person become a substitute for close contact. Sometimes work or other interests can carry one person through long periods of absence, but the other person may become restless or annoyed. Young people need to be aware of the great diversity of interests that people can have even though they may also have a great love for another person. Then they can adjust better later to the transition from a honeymoon to the more normal life that necessarily must follow the first few months of married life. Fewer wives would feel neglected if they understood that true love does not always require obvious demonstrations of affection.

Petting Presents Its Problems

Today, in certain groups, petting and necking have become a common practice in dating. A first step in trying to build one's individual standard of behavior is to understand the purpose of the physical changes that accompany intense love-making and the relationship of these to sexual intercourse.

Intense love-making, often known as "heavy petting," results in a preparation of the body for sexual intercourse. Intense kissing and fondling are sexually arousing. When the resulting bodily changes have taken place, feelings may become so strong that a couple will engage in sexual intercourse without weighing the consequences. Young women who encourage petting because they find

pleasure in the power which they have over a man may not understand the strength and urgency of the impulses they arouse.

Even a mild amount of alcoholic drinking in these situations often causes sufficient relaxation so that good judgment is lost. The "if it is natural, it is right" philosophy takes over. Sometimes a couple cannot even remember later exactly what did happen. Besides feeling guilty about their moral lapse, they may worry about the possible occurrence of pregnancy.

Unsatisfied sexual excitement may linger, and when one is alone there may be a great urge for physical relief of sexual tensions. Also, these tensions can mount from reading stories or from seeing pictures that are sexually stimulating. Some young persons stimulate their own sex organs to bring about a pleasurable sensation. This practice is known as masturbation. Children sometimes learn to masturbate, or accidentally discover the practice, but young men and women may masturbate deliberately because they have become sexually stimulated. Often people who masturbate feel guilty about it later, although it has been established that the practice does not cause mental or physical deterioration, as was once thought. There is something counterfeit about sex satisfaction that is not a part of the love of two persons for one another. Also, masturbation is a solitary practice which, if continued over a long period of time, sometimes makes difficult the cooperative sexual relationships of married life.

Decisions about behavior, such as "heavy petting", or self stimulation, need to be made whenever possible *in advance of emotional situations.* Along with making the decision, one needs to take responsibility for keeping away from situations that would be likely to bring about sexual involvements of the kinds described. Decisions also need to be supported by a positive program of engrossing activity.

Jean and Jerry realized full well that when they drove out of town on a warm summer night and headed for the beach they were under the supervision of no one but themselves. They had to make their own decisions. If they went dancing or swimming with the crowd they could have fun and a chance to show their love for one another in various little ways even with others nearby, but if they drove off the back road to the dunes and lay on the beach, they were charting out a difficult course for themselves.

Don and Mary always tried to make their dates "big time," and then they talked a great deal about them the next day. When they were able to be away from their parents and other adults, they

seemed to try hard to prove that they were now grown-up and could do whatever they pleased. In doing so, they deliberately sought out situations that seemed sophisticated to them, with the result that their conduct often got out of control. Actually, many of the things they chose to do made them seem childish to others.

Young persons should understand their needs and good ways of satisfying them. In their teens, they may be restless and tense, and may conclude that petting, or sex relations, or some other outlet for sex feelings, would satisfy their restlessness. Actually, they may need instead to have some close friendships, or the satisfaction of an absorbing job, or greater achievement in school. When life has real meaning and purpose, tensions are less likely to build up.

Premarital Relations

No one knows just how much sexual intercourse occurs among unmarried young persons. Some people who boast of their experiences have a need to feel sophisticated, and they exaggerate as a way of building up their personality. Writers may generalize on the basis of a few cases and give the impression that sexual relationships are very common among unmarried persons today. These relationships are probably more common than they were when there were fewer opportunities for young people to be alone, but new freedom will be used more wisely when new generations are brought up to understand the basis on which individuals must make decisions for themselves.

Those who study sex problems or behavior sometimes draw conclusions from interviews. Consequently they draw their information from those who are willing to talk about their sex life. Thus, some who are reluctant to discuss this aspect of their lives are not included in surveys. But even if sexual relations before marriage were the prevailing practice today, the fact that it may occur would not of itself make it right. The rightness of an action and its frequency of occurrence do not necessarily go hand in hand. There are values that are worth holding to because they help provide what is good for people, and although these values may seem to disappear for awhile, they can be restored. In times of war or of great uncertainty people may become less thoughtful of others and more reckless in what they do. Then, through the efforts of churches, families and individuals who care about human personality, these values can again come to be recognized.

Some arguments commonly offered in favor of engaging in premarital relations are 1) that one no longer needs to worry about becoming pregnant because new contraceptive knowledge is available, and 2) that there is now no need to fear contracting a venereal disease* because new drugs have made these diseases nothing to fear.

There are some things that need to be said about these flimsy "facts." Married people, who discuss with their physician ways of preventing pregnancy, can be given information which might assist in preventing pregnancy, if the physician thinks it wise for health, and sometimes for other reasons. But some churches are opposed to the use of contraceptives, even among married persons, and young people may feel guilty about having experimented with matters opposed by the church. Their guilty feelings can affect later relationships in marriage. Even the methods doctors may prescribe for married persons are not without the chance of human error. Young unmarried persons may try out methods they have heard about from unreliable sources. They are likely to find that Nature's plan for reproduction is a thorough one, not easily frustrated.

The chance of an error in anything one does must be evaluated in terms of how serious even one error might be. For an airplane pilot to make an error once might mean the loss of many lives. For a seamtress to make an error might only mean a shapeless garment. An error of decision in the love-making of a couple before marriage can result in pregnancy. This event could bring an unhappy ending to their personal love and also an injury to another personality, namely, the baby, because they might reject him from the outset.

Babies need a father and a mother and a good home life. Think back over your own life and ask yourself if you would like to have missed the close relationships which you have had with people who wanted you, loved you, and brought you happiness. Just as everyone tries to save the life of a child who is hurt, or ill, so everyone needs to try to provide the best possible conditions for living and loving for any child that is born.

When a pregnancy has occurred, one must not interfere with it. The common notion that baths, exercises or any medicines are effective in terminating a pregnancy has been disproved. Many who thought these techniques terminated a pregnancy were not pregnant in the first place.

Only a reputable physician working under the sanitary conditions

*A disease spread by having sexual intercourse with an infected person. Gonorrhea and syphilis are common venereal diseases.

of a modern hospital can safely terminate a pregnancy, and he can do this lawfully only in rare cases where a woman's general health condition would mean she could not survive a pregnancy. Another doctor would need to concur in the diagnosis, and the case would have to be reviewed and approved in advance by the medical and surgical staffs. Artificial termination of a pregnancy, if self-induced or performed by an unscrupulous person under unsanitary conditions, is likely to result in infection and subsequent death of the woman. If she is lucky enough to survive, she may not be able to have children later as a result of injury, and her whole attitude toward marriage and childbirth can be warped.

If a woman suspects that she is pregnant, whether or not she is married, she should consult a reputable physician who can advise her during her pregnancy. If she is unmarried, he can refer her to a community agency for help in working out her personal problems.

A girl who has a baby born out of wedlock must face the social difficulties of raising a child who will not have a father, or she must give up the child, a decision which is emotionally disturbing, and which she may long regret. In some cases she can marry the father of the child, but he may not be the one she would have married had a pregnancy not occurred.

Young men are often unjustly accused of being the father of a child because they are known to have had sexual intercourse with a woman who has become pregnant, and yet they may be only one of several men who have had affairs with her.

Sexual intercourse is nature's way of producing a new life. Those who are married can enjoy sexual relations and accept conception as a wonderful part of the relationship. Unmarried persons have more to lose than gain by trying to enjoy the sexual aspects of married life before they can assume the responsibilities. Partners in sexual intercourse should jointly accept responsibility for the consequences. These are not confined to possible pregnancy or disease, for they also extend to the effect of the relationship on the character and personality of both persons involved.

Sometimes one will hear that when one experiences sexual intercourse before marriage there is a sexual awakening which makes marriage more satisfactory. Actually two people really in love who show consideration and tenderness for one another have in marriage the best possible opportunity to learn about their feelings and their

bodies, for they can be free from worry and guilt, and their learning together can be a happy experience.

The second argument used to justify sexual relations before marriage, mentioned earlier, is that venereal diseases are no longer to be feared. This thinking is also unsound, for no one wants to have a disease even if it can be cured, and a venereal disease can damage the reproductive organs before it is cured. This damage may result in inability to have children. In the case of women, such a disease can harm a child before it is born. For these reasons, couples who are planning to be married should have blood tests for venereal disease. In many states these tests are required before the marriage license is issued. If one of the partners is found to have a venereal disease, treatment can clear it up, after which the marriage can be permitted.

Some men assume that it is right and necessary for them to have sexual relations before marriage not only for release of sex tensions, but as a necessary preparation for marriage. They visit prostitutes who, for a sum of money, permit sexual intercourse. None of these women who make their living this way are safe from infections, if only because of the number of different men who come to them. Also, the experience of sexual relations with someone paid to be a partner is most unlike a marriage relationship. The whole business seems sordid and disgusting later. Unscrupulous men and women operating houses of prostitution make a fortune from girls who are lured or who drift into this business, and who receive only a small share of profits as they ruin their own lives.

Some persons will say that they are aware of the hazards of premarital relations, but that they cannot refuse to do what the crowd does. Libby, Sue, Dan, and Bill were real-life people whose work brought them together in the same town. Libby was attractive, vivacious, and quick-witted. She was easy and friendly socially, popular with young men, but she had her own standards of behavior. When she was invited to weekend parties where she knew that unmarried couples expected to have sexual intercourse, she would frankly say, "I'm not interested." She is now married and lives in the same community with her old friends. They all enjoy her friendship and respect her honesty in personal relationships.

Sue was in the same group of friends. She was always ready to go to any kind of parties and with any of the crowd who asked her. Somehow she developed a reputation for being a good sport, but

she never was singled out by anyone for a wife. She moved away to a large city, was married shortly thereafter, but could not get along and separated from her husband recently.

Strangely, although Dan and Bill usually found Sue ready to comply with any of their wishes, they respected, and at the same time liked, Libby, who had her own ideas of what she thought right to do. She was able to have fun, and to be understanding, yet she was firm about her convictions. It is possible to be liked and respected by one's friends and still have the courage to say "no" to premarital sexual relations. Friends who do not respect your ideals in such cases are not worth having.

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Chapter 4

CHOOSING A MARRIAGE PARTNER

Chances Are You'll Marry

In our country nine out of ten persons of marriageable age marry by the age of 32, and the average age for marriage is around 20 for women and 22 for men.

It has been estimated that everyone needs to know well from fifteen to twenty different persons of the opposite sex in order to find a marriage partner suited to one's background and interests. With such a group of friends, one is better able to understand the opposite sex, but not everyone can know well this many persons. However, everyone should make an effort to know a number of people, to make friends in school, at work, and in community affairs. Most marriages occur among persons whose work or residence brings them near together.

Some years ago girls who chose a career often thought of it as a life work which they were choosing in preference to marriage or until the right man came along. Nowadays girls may plan for both marriage and a job. If they happen to choose a field in which there are few contacts with men, they make a special effort to participate in social activities where they can meet and get to know persons of the other sex. Many women, both before and after marriage, now use their skills and abilities in either community service or paid employment. Therefore, we can no longer think of women as those who work, or those who stay home.

It is important for young men to be aware of this change in the woman's role. Now there is more likely to be general agreement that when a wife's work does not interfere with the raising of children, her outside activities can make her a happier wife and her earnings can often help to provide better living conditions. Part-time jobs are especially useful for married women who need to work.

If You Don't Marry

There will always be a few persons who do not marry. Most men who are healthy and who remain single do so because they have not asked the right girls to marry them. Girls in our country do not

generally propose marriage, and this accounts for some young women who never have the opportunity to marry. As they get older they are less likely to be asked, because men tend to go with, and hence marry, girls younger than themselves.

If you are in your teen years now and really want to prepare yourself for marriage, you will take every opportunity to enjoy in groups the company of many different persons, and to date those who have desirable personal qualities even though they may not be Hollywood types.

About ten per cent of women do not marry by the age of 32. This may seem a small portion of the population, yet each of these women is a person with basic needs for companionship, for creativity, and for the feeling of success. Just being married gives a feeling of status to many women. Sometimes a woman chooses to marry a person not well suited to her in order to be married. Many of those who remain single feel "left out."

It is interesting to observe that married women and single ones are not as different as some people think. Women in each of the groups have the chance to make a home, to furnish it, and to care for it. They both have social activities, often of the same kind. Many married women find much of their recreation without their husbands. They go bowling, play canasta, or go to community meetings with other women.

It is in sex relationships and in child raising that there are real differences between the groups, but many married women do not have children, and those who do spend many hours and years of their lives without them. Both married and single women achieve personal happiness and constructive living. They provide service to others in proportion to the attitudes they bring to either way of life.

Why People Marry

In our country marriages are not arranged by the family. The decision to marry and the person one chooses to marry are personal decisions, restricted only by laws in the individual states pertaining to the age at which a marriage may take place, the closeness of the relationship, or the health of the marriage partners. For example, about three-fourths of the states require premarital blood tests for venereal disease, as has been mentioned. All states forbid the mar-

riage of parent and child, brother and sister. Many states forbid marriages between cousins.

When one will marry and whom one will marry are closely related to the psychological factors we discussed earlier in this pamphlet. Most people in our country marry because they love another person and want the companionship of that person the rest of their lives. Some are greatly attracted physically to another person and marry for this alone, hoping in the marriage relationship to change other characteristics of the marriage partner, although this is a doubtful possibility. Some marry because they have been hurt in another affair, and they want to convince themselves and others that they *can* marry. Some marry because they are afraid they will be left unmarried, and many girls accept the first invitation for marriage that is extended to them.

What About Differences?

No one will deny that the great love of two persons for one another is a wonderful experience and that physical attraction between the sexes can be the drive that makes each person finer and more useful to society. Yet marriage is more than a glorified date where one can indulge himself physically without supervision or reproach. Marriage is a personal adjustment, and demands an all-around, well organized personality that can be tolerant, sacrificing, industrious and loving under many kinds of conditions. Naturally some people are easier to live with than are others, but there are differences which at the outset can be seen to be obstacles to happy marriages, and even the most adaptable have trouble occasionally. We shall list a few of these differences.

Suppose the wife is very conscious of family background, proud of being a descendant of early settlers to this country. Suppose the husband has only recently come to this country, and the speech, clothes, and manners of his family are conspicuously different. Will his friendliness, industry, or honesty, for example, show clearly to the wife, or will his differences in background seem the conspicuous traits to her?

Suppose one of the marriage partners is a devout church member who attends all services and observes all rituals of his or her church. Suppose the other person is a very devout member of an-

other church with different rituals. Will it be easy for these two to agree on their children's religious instruction?

Suppose one of the partners has always had much money and is used to servants, luxuries, and a high standard of living. Suppose the other is used to a simple way of life. Will they adjust their differences?

Suppose that the woman a young man chooses to marry is ten years or more older than he is. Will he be able to enjoy her company and be loyal to her alone when he is around 40, and she is fifty, is less active, is past her child-bearing years and probably much older looking than he will be?

By knowing each other well before marriage, by thinking about, and perhaps talking over these differences, young persons can be more certain of happiness. Chances of happiness will be greater, too, if prospective marriage partners consider the marriage requirements of their respective churches. Sometimes special provisions must be met before a church will recognize a marriage.

The Engagement

The words "engagement period" mean different things to different couples. For some, the engagement period lasts a long time. In fact, it can last too long. The strain of being tied exclusively to one person, with marriage expected but not consummated, may be awkward socially and fatiguing physically and emotionally. By the time one becomes engaged, either formally or by an unannounced understanding between the couple, the two should know one another fairly well. Prior to the engagement, the two should have seen to it that they have had opportunities to know how each behaves in a variety of situations and under various kinds of conditions. Time is not the only factor involved in this kind of learning. Some couples who have known each other for many years do not have as much understanding of each other as some couples who have known one another only one year.

This special time just prior to marriage offers a good chance for a couple to talk over many important matters, such as the kind of home they will have, their plans for a family, their plans for savings, and to discuss their relationship to each other's parents. They will feel freer to express their love for each other, and the time is one that will long be remembered as a time of the greatest happiness.

For most young girls a ring is a token of their young man's love, and there is a great satisfaction in wearing it as one goes about the routine of daily life. There are some persons who do not wish this kind of token, and it should be a young woman's privilege to express her wishes in the matter of a token of affection.

The round of social activities that build up during an engagement period often is so fatiguing, that by the time of the wedding, a couple is completely exhausted. Some young people do not share their wedding plans because they wish to avoid a heavy social life at that time. Some persons plan a simple wedding to which only intimate friends and the family are invited. Others would feel disappointed if they did not have a huge affair. These are matters for each couple to decide. This is perhaps the first step they will take in the matter of learning to adjust to one another. In general men like less social activity in connection with the wedding than do women. Each will probably concede a little to the other.

Discussions with married persons usually reveal the fact that religious wedding ceremonies have been the most meaningful ones as married life has gone over the years. Some couples do decide to marry in a civil ceremony, i.e., they take their vows before a judge or justice of the peace. Although this kind of ceremony is valid in the eyes of the law, some churches do not consider the marriage acceptable. Those who plan to marry should think carefully about the wisdom of deciding to have only a civil ceremony and might be helped in reaching their decision by talking with their minister, priest, or rabbi. Married couples who ran away to marry or who did not take close relatives into their confidence have generally expressed a wish later that they had shared this important event in their lives with those who care most about them. Of course, long distances at times prevent the family's sharing in the ceremony.

Getting married is more than pledging love, one for the other. It is also the creating of a new family in a new home. Thus there is a sacredness about vows which are taken that make them related to the basic teachings of churches and temples. To think of marriages only as legal contracts puts them in a category of something that is an obligation rather than a challenge.

Chapter 5

MAKING MARRIAGE WORK

There Are Sex Adjustments

Every aspect of married life involves adjustments of one kind or another. Success in no one of them seems to "just happen." When there is difficulty with one part of married life, other aspects are likely to be adversely affected. If a couple struggles to achieve a satisfying sex life, but makes no effort to try to work out happy daily life experiences, then such irritations as those that arise about recreation, financial matters, or a wife's working, can make the physical relationships less pleasurable. In a stable marriage relationship, sex can be a powerful ally, but sex satisfaction is only one of the many needs that must be satisfied if a marriage is to be a happy one.

It is wise for each marriage partner to have a complete health examination before marriage. It should show whether either one suffers from any illness, such as heart disease or tuberculosis, or has any health problem that requires special consideration—whether in earning a living, or in providing for the family well-being. Often a health defect or illness that is discoverd early can be corrected before it becomes serious. Even if the condition cannot be entirely corrected, in many cases instruction can be given on how to live satisfactorily with it.

The premarital health examination also is valuable because it will show whether reproductive organs are right for childbearing, and whether there are conditions present which might interfere with satisfying sexual relationships. At this time, too, there is an opportunity to ask the physician questions about sex life and to establish a relationship for further consultation. Almost everyone wants at some time or other to ask advice about sexual life and pregnancy, and it is wise to obtain one's information from the medical profession or from the books and pamphlets your doctor may suggest.

At the end of this pamphlet some suggestions are made about books and pamphlets that might be helpful in improving sexual relations.

Young persons naturally look forward eagerly to the time after their wedding when they can be together to enjoy each other's company as well as to express themselves sexually. They may find, however, that too much social activity, excessive travel, and nervous strain in connection with the wedding and honeymoon are not conducive to physical relaxation. Thoughtfulness, patience, and consideration for the other's needs and feelings should make this early adjustment to marriage pleasurable. Then in time the couple will find ways of making their physical relations increasingly satisfying to each other.

Some young persons, before marriage, become overly anxious lest they will be unable to achieve orgasm together. The term *orgasm* refers to the climax of sexual excitement. In the male there is the accompanying ejaculation of semen, and the return of the penis to its normally flaccid state. In the woman, whether an orgasm occurs or not, there is no release of egg cells at this time. Some women during early marriage succeed in experiencing an orgasm along with their husbands. Some achieve it later, but some who never achieve it still have a happy marriage.

In our society so much emphasis has been put upon the sexual part of the marriage relationship that many young persons have lost sight of the many kinds of happiness that can characterize married life. It is ideal when two persons are able to have common interests, a stimulating companionship, and a perfect physical relationship, but the moments of physical pleasure are only a part of the long life together. Much more emphasis needs to be put on understanding one another, helping one another, and working out minor irritations. Sometimes, following the honeymoon, young married persons may become irritated with one another because they have not accustomed themselves to the routines of life together away from the glamour of a honeymoon setting. Each may need to be more patient with the other while they learn to make the adjustments of daily life.

Money Matters, Too

There is not space in this pamphlet to describe all the various ways husbands and wives might achieve more success in managing their finances—an important part of married life. There are many well-known jokes about women's checkbook habits and their misuse of charge accounts. There are also jokes about the money husbands

lose at cards and the ways they cover up these losses. A sense of humor about the use of money is an asset, but there must be some careful joint planning of the amount of money that can be spent by each and how much must be saved for an emergency fund or for life insurance, or for mortgage payments.

Each should be familiar with family finances. It doesn't matter which one keeps the accounts if each carries responsibility for them. Both the husband and wife need a small personal fund for which there need not be an accounting. Most women find a weekly household account for food more satisfactory than the system of asking for money for each purchase. This plan makes for economical buying, and it is less humiliating for the woman. These matters can be decided jointly. When a wife works she and her husband will need to plan the way her earnings are to be used so that they will not be considered a permanent part of their assets. Some couples use them for building up insurance or other cash savings, or they apply them to the purchase of a home.

Because woman is the bearer of babies and the one who cares for children, she must be away from her work for long periods of time. When a woman's income is considered a permanent contribution to a standard of living, she sometimes doesn't get around to having a family, or has only one child. In cases of necessity, such as illness of her husband, she may need to work indefinitely. These situations call for the same kind of careful thinking and joint decision-making that are bound to be a part of married life.

Because money is closely tied in with necessities for sheer survival, such as housing, food, and medical care, there is an uneasiness about money being carelessly dissipated. Many marriages fail because of financial disagreements, but many marriages of both poor and wealthy couples are highly successful, which means that the attitudes couples have about money are more important than the actual amount of money they have.

Relationships with Others

Marriages seem to be happiest when young couples live in their own homes and manage their own affairs, but when there are housing shortages, financial crises, or ailing and dependent relatives, young couples may be obliged to have others live with them.

When a couple takes marriage vows, they shift their sights from a parent-child emphasis to a husband-wife relationship and then to a husband-wife-family emphasis. This means that although care and consideration for the older generation will continue, personal loyalty to the marriage partner must be maintained. Both husband and wife need to give support to one another, to defend the other against criticisms which, if unchecked, might lead to misunderstandings and rifts within the family. There needs to be agreement between the old and the young about respecting privacy and about one another's responsibilities. When there are children in the family, these matters are especially important. There is some excellent reading material on these subjects, and some titles are included at the end of this pamphlet.

Some problems of relationships within marriage have to do with the acceptance of one another's friends. When a married love is too possessive, there is apt to be resistance to all friendships that take time and interest of a marriage partner. This kind of love is childish and can dwarf the growth of the couple. To be sure, there needs to be an understanding of the circumstances under which each will entertain, and how often one can expect the other to give up his personal leisure to play host or hostess.

A woman who works or has worked often has a better understanding of her husband's job associations with the other sex. A wife who has not worked needs to fill her life with challenging activity that gives her insight into human relationships. Thus she will not spend her leisure wondering what her husband is doing during the hours he is away.

You and Your Babies

Most persons who have married and have had children reflect upon the advantages of having their children reasonably early in their married life. Some women say that they needed a year of marriage before becoming pregnant in order to work out some of their new adjustments without the added adjustments of pregnancy. If a woman can begin to have her babies in her early twenties, she can have a large family if she and her husband wish one and still be young enough to do the necessary work. She is better able to have babies early in life, for her body has better muscle tone and she fatigues less easily.

On pages 12-19 of this pamphlet there are descriptions of the male and female reproductive systems. There are excellent pamphlets that give information about prenatal care, and some of these are listed on page 47. The most important thing for any young woman to do when she believes she is pregnant is to get in touch with her family doctor or the obstetrician she may plan to have. She will suspect that she is pregnant when she misses her usual menstrual period, and she may then notice in a few weeks that her breasts are more sensitive than usual. She may want to telephone her doctor to ask his advice about when she should come to see him. Some doctors suggest waiting until a second period is missed.

Her doctor may verify her pregnancy by physical examination and laboratory tests. Pregnancy can be further verified by the child's heartbeat around the fourth month. The doctor will be able to estimate the approximate date of birth of the baby by adding seven days to the first day of the prospective mother's last menstrual period and then counting ahead nine months. The usual period of gestation, the time for a child to develop in his mother, is 280 days, or about nine months.

The doctor will reassure the couple, and because pregnancy and birth are natural processes, will suggest that the young woman will be able to go about her usual routine with only occasional restrictions. The couple will probably be told that they may continue to have sexual intercourse until the last six weeks of pregnancy. The doctor will see the young woman regularly throughout her pregnancy, and she can ask him about many things that she may not understand. She will want to discuss breast feeding of her baby, and will want to follow carefully the doctor's instructions about her own diet during pregnancy. Studies have shown that the mother's diet at this time is very important for the baby's health.

Long before the baby is due to arrive, the young husband and wife will discuss the hospital arrangements, if the baby is to be born in a hospital, as most babies are today. Some hospitals are now equipped so that a baby may stay in the same room with its mother, and many couples prefer this arrangement to the plan of a large nursery for all babies.

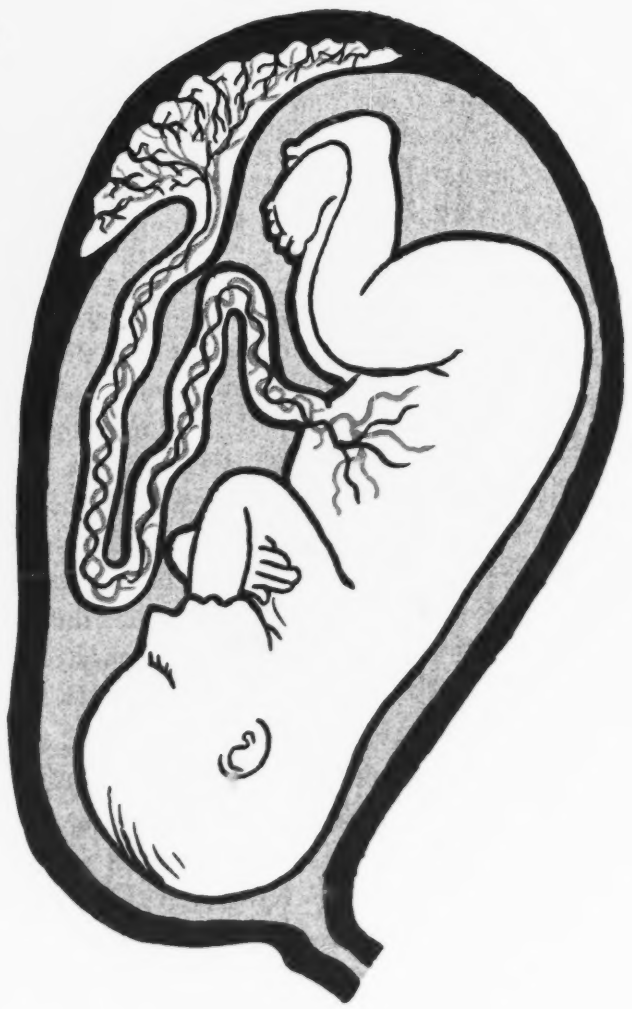
Doctors are busy and do not always have time to explain just how the baby is developing at different stages. However, some of the books on page 47 have detailed material on this subject.

Briefly, within the first few weeks of pregnancy, the fertilized egg cell divides again and again and again, until after a time, various parts of the body begin to take form, such as the heart, blood vessels, stomach, lungs, skin, nerves, and so on. In about three months the main parts of the body have appeared, but the developing baby (called the *fetus*) does not look much like a baby.

At around the fourth or fifth month, the baby's movements may be felt by the mother. At five or six months, he looks much as he will

Placenta containing
a) Blood vessels
of mother
and baby

Umbilical Cord
containing
Blood vessels
of baby attached
at one end to
placenta
at other end
to baby navel
wall.



SIDE VIEW OF BABY IN
MOTHER'S UTERUS

at birth, except that he is only about a foot long and is very lean. He grows plumper and longer in the last two or three months before birth, and his internal organs develop more fully. By the time of birth, the baby is usually about twenty inches long, and about seven pounds in weight.

Some babies are born before the full term of nine months. Some such babies may be mature at their birth, even though their period of prenatal development has been shorter than usual. Frequently, however, babies born before full term are immature. These babies are commonly spoken of as "premature babies" if they weigh less than 5½ pounds and are less than 18 inches in length from head to toe. If they survive, these babies grow up to be normal, healthy children, but at first they may need special care in an incubator in the hospital. The incubator provides the same even temperature that the mother's body would provide.

By the last few weeks of pregnancy, the baby usually has taken a position head down in the uterus. At the end of pregnancy, the muscles of the uterus stop stretching (as they have been doing throughout pregnancy), and they begin to contract. This process, called labor, pushes the baby into the vagina. This passageway stretches tremendously, and thus the baby can be born. In about five per cent of births, some other part of the baby's body, perhaps an arm or a foot, appears first, instead of the head.

Some babies must be born by cesarean section, which is an operation to remove the baby through the mother's abdominal wall. The young parents will know of this in advance, for when the woman is measured during the early stages of pregnancy, the doctor will discover whether she will be able to bear her baby without surgery. Usually she can.

When the baby first appears, the cord (see page 42) is still attached to his navel and to the placenta within the uterus. The doctor ties the cord and cuts it at a short distance from the baby's body. Soon the bit of cord that is left will dry up, and the place where it was attached will appear as the baby's navel. Neither the mother nor the child experiences any pain when the cord is cut, because it contains no nerves. After the baby is born, muscular contractions force out the placenta and the rest of the cord, which is about two feet long. This is called the after-birth.

When a woman understands what labor means, and how it may begin, she is much less fearful about having her first baby. Often there are classes in a community for expectant mothers and fathers to acquaint them with much of this information. A woman will be reassured that she can be given enough anesthesia to make her delivery easier for her. Labor is not unduly painful or dangerous under modern conditions. Most of the apprehension hinges around "old wives' tales." In fact, the health and the life expectancy of mothers are better than for women who are not mothers.

Labor may begin by a showing of blood, by rupturing of the membranes (see page 42) and release of their fluids, or by cramp-like pains. Perhaps she will have more than one sign. The pains may continue for hours, at rather long intervals. She will not want to go to the hospital too early, and probably her doctor will have advised her how long to wait before coming in.

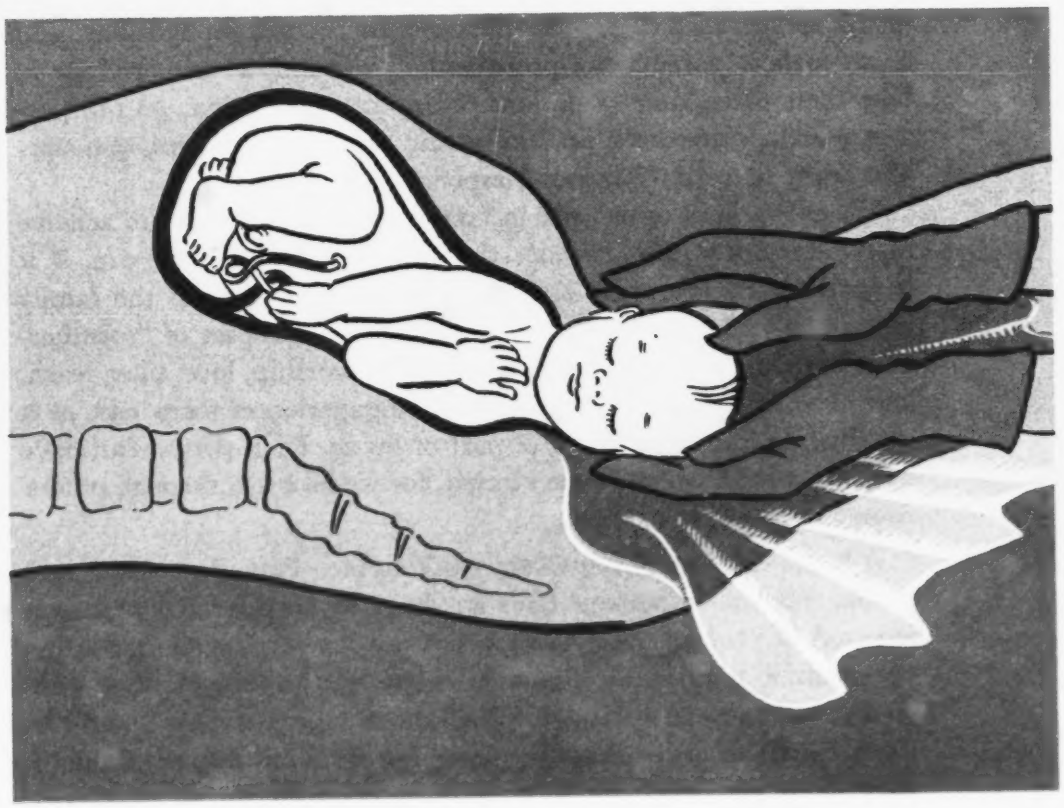
With her bag all packed with articles necessary for any hospital stay, and with arrangements made long ago for care of things at home, she and her husband can leave together for the hospital, or if his work makes his coming home a long process, he will have arranged with someone else for his wife to call upon. A husband may be very much needed during the hours of labor before the baby arrives. Some women want their husbands present to talk to them and reassure them. Other women prefer to be left alone. Of course no husband would want to "let down" his wife at this time, even though he may be nervous himself about this big event.

A normal delivery usually means a stay of around five days in a hospital, and before a mother has her baby she will have arranged for a relative, or a friend, or someone else to help her with the baby and her own work for a week or so after she returns home. Everything at home will be in readiness, and both parents will have had much enjoyment making ready for the baby, acquiring equipment, and shopping for things they will have been advised to buy. One of the first financial plans young couples will want to make before pregnancy is one which will enable them to pay for their baby.

The coming of children does make a difference in the marriage relationship. Even though sexual relationships may be resumed six weeks after the birth of a baby, life will be a little different for awhile after a new member of the family arrives. Both parents will love the baby and find their lives richer for having created a new life. They will find, though, that their time will not be entirely

their own. If they are up late, the baby will not sleep late to accommodate them! His demands may interrupt their love-making. From now on their love cannot be a selfish love, but must begin to branch out to encompass all of family life. Any process of sharing brings some personal sacrifices, but usually new rewards.

Those who seem unable to have babies will want to seek medical advice, for today there is much that can be done to correct some of



the common causes of infertility. No one need be afraid to seek help lest he or she be found to be the one who lacks the capacity to produce a child. We know that many persons have low fertility. It is the combined fertility possibilities of each marriage partner that determine the success of a union. If the couple sincerely wants children, each of them should be willing to follow any suggestions their family doctor, an obstetrician, or a reliable fertility clinic can offer them.

A Look to the Future

Learning about love, as was said at the beginning of this pamphlet, does indeed mean much more than learning to love one's marriage partner in such a way that the utmost physical satisfaction can be obtained. In a wide sense of the word, learning about love means understanding the many kinds of love in our lives.

Early in the process of raising a family one usually discovers that helping others to develop a healthy point of view and to learn ways of helping themselves is a part of showing one's love. In a pamphlet of this series called "Parents' Responsibility," some thought has been given to how parents can prepare their children at an early age to take their place later as parents of another generation. As prospective marriage partners, or very young marriage partners, you may also want to read "Parents' Responsibility."

There is a kind of security in family life that is difficult to achieve in other ways of life. Perhaps that is because family life can, if it is good family life, meet the needs of every member of the family individually and at the same time provide the support of "togetherness." Seeing other persons grow, develop, worship, love, play, learn, and even fail at times, makes all these experiences seem part of a worthwhile life, and a rightful part of living. Each person can have a framework in which to see himself, for we all learn through others' responses to us as persons.

A happy married life is worth working for. Part of the work that unmarried young persons have to do is to keep a goal of happy married life before them so they can use it as a way of measuring the desirability of many things they may feel impulsively they want to do. No one can successfully tell another person *what* should be done. Decisions are a personal matter, but decisions that are thoughtfully made are much more likely to be carefully made.

If You Want to Read More About the Subject

Love and the Facts of Life, by Evelyn Millis Duvall, Ph.D. (Association Press, 291 Broadway, New York, 1963)

Marriage for Moderns, by Henry Bowman (McGraw-Hill Book Company, Inc., New York, 4th ed. 1960. A college textbook including good material on physiology.)

The Miracle of Life, adapted from *Today's Health* (American Medical Association, 535 North Dearborn Street, Chicago. 1965)

Prenatal Care (Children's Bureau Publication Number 4, U.S. Department of Health, Education, and Welfare, Washington, D.C. 1962)

Way to Womanhood, by W. W. Bauer, M.D. and Florence M. Bauer, (Doubleday & Company, Inc., Garden City, New York. 1965)

What Teenagers Want to Know, by F. Levinsohn and G. L. Kelly. (Budlong Press, 5428 N. Virginia Avenue, Chicago. 1965)

When You Marry (High School Edition), by Evelyn Millis Duvall, Ph.D., and R. L. Hill, Ph.D. (D.C. Heath and Company, 285 Columbus Avenue, Boston. 1962)

Why Wait Till Marriage? by Evelyn M. Duvall, Ph.D. (Association Press, 291 Broadway, New York. 1965)

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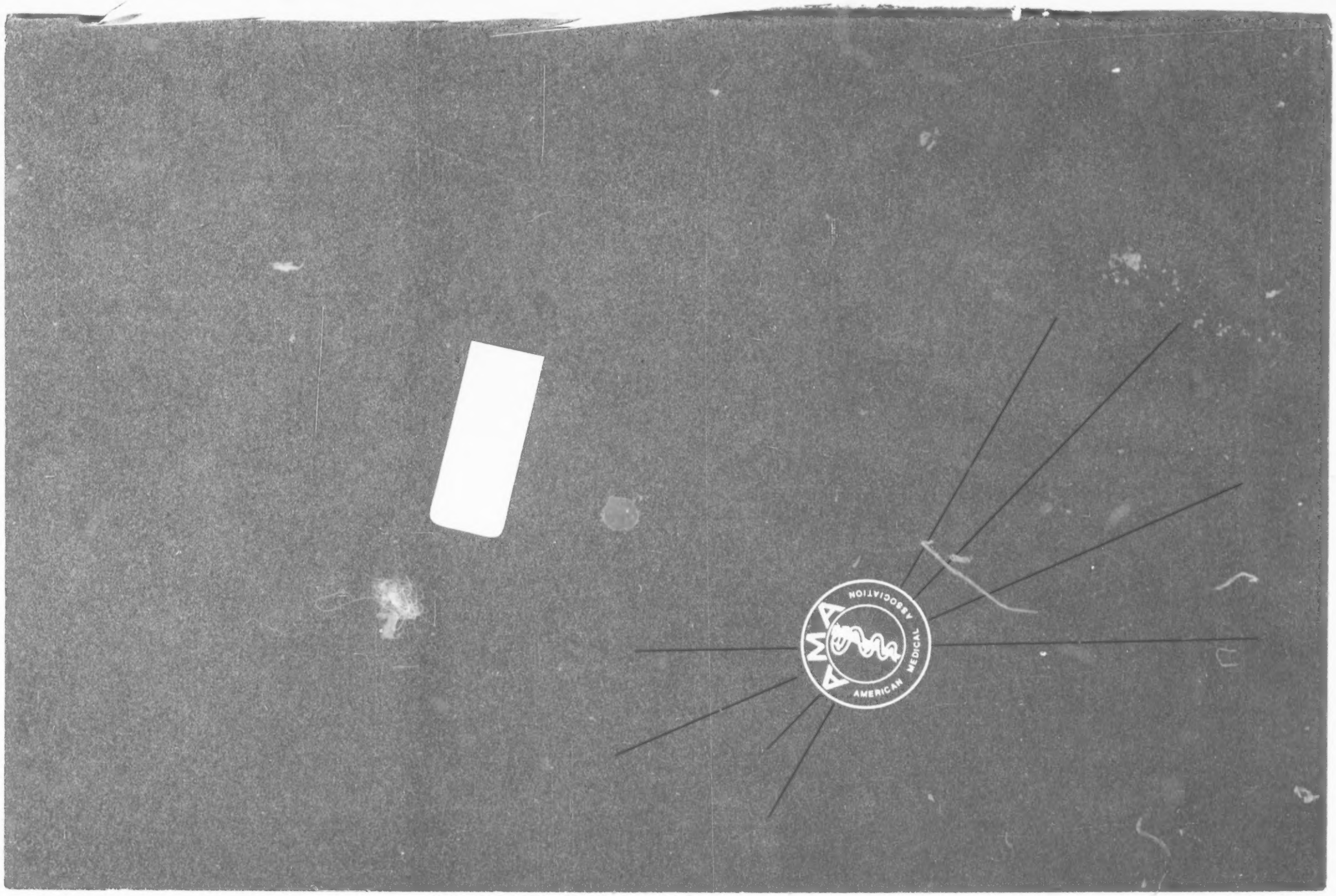
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